

Volume 1 Issue 6
September 11, 2015
Flathead County Area IX



Attention Medicare Beneficiaries

Are you having difficulty paying for prescriptions or Medicare Premiums, or food and utilities? The Agency on Aging offers a **FREE** Benefits Check-Up screening to find and apply for programs that can help you stay healthy and reduce living expenses. You may be eligible for:

- ☒ Prescription, insurance and co-pay savings
- ☒ Utility bill assistance
- ☒ Property tax rebates
- ☒ Reduced food expenses
- ☒ Medicaid programs
- ☒ Veteran services

The screening takes about 30 minutes and can be done by phone, in person or by mail. Be prepared to provide information about your income and expenses.

**Call 758-5730 for
an appointment.**

Community Shred Event & Food Drive

September 18th, 10 a.m.-2 p.m. at Gateway Center Mall

The Agency on Aging and Retired Senior Volunteer Program (RSVP) are joining forces with AARP and United Way to conduct the second annual Shred Event and Food Drive on Friday, September 18th. People are encouraged to bring a donation for the Veterans Food Pantry or Flathead Food Bank and have their confidential documents shredded for free.

The event is open to the public of all ages and is being held in the west parking lot of the Gateway

Community Center, 1203 Highway 2 West in Kalispell.

The opening ceremony at 10 a.m. will feature the Civil Air Patrol color guard and special recognition of the 70th anniversary of the end of World War II.

The shredding services continue until 2:00 p.m. Participants are also en-

couraged to visit the information booths in the United Way conference room and enjoy complimentary refreshments.

For questions, please call 752-7266 or 758-5730.



Limit: 2 boxes per individual. Additional boxes will be charged the going rate.

Outreach during Senior Day at Salvation Army

Information about Agency on Aging services & programs

Every Tuesday is designated as Senior Day at the Salvation Army Thrift Store, located at 1500 US Highway 93 South.

It's a popular day at the store, as people who are 55 years of age and older receive a 25% discount.

When you stop by to shop, look for our table. You can find out more about the services and programs we offer.

Thanks to the Salvation Army for partnering with us to get the word out about aging services!

Plan a visit to your Senior/Community Center



Four good reasons to plan a visit!

There are many ways to celebrate **LIFE** at area Centers:

Learning—*Expand your knowledge*

Keep your mind sharp by participating in educational activities. An art class, literary club, dance lessons or computer training give a variety of opportunities to stay engaged and pursue your passions.

Independence—*Live on your terms*

Centers offer convenient access to services such as nutrition programs, transportation services, and a connection to people who can give you the tools to choose your own course in life.

Friends—*Enjoy life*

Participation with community centers provides social interaction and aids in life satisfaction. Centers are a perfect place to meet people who are interested in social opportunities and who have similar interests and enthusiasm to enjoy life.

Energy—*Discover health*

Health and fitness classes and activities can prevent many health problems that come with age.

Now is the time to celebrate **LIFE**. Visit your local Center today!

Centers in the Flathead

Bigfork Community Center

639 Commerce Street, **837-4157**
Open Mon-Wed-Fri

Kalispell Senior Center

403 Second Ave W, **257-1598**
Open Mon-Fri

Lakeside Gathering Place

Hwy 93 & Adams Street, **261-3557**
Open Tues & Thu

North Valley Senior Center

205 Nucleus Ave, **892-4087**
Open Mon-Fri

Whitefish Community Center

121 Second Street, **862-4923**
Open Mon-Fri

Agency on Aging and Flathead Co. Extension

Invite You to Attend

Wildflower Reflections: Families, Legacies and

Estate Planning

presented by Marsha A. Goetting, Ph. D.

MSU Professor and Extension Family Economics Specialist

Tuesday, October 13th, 6-8 p.m. or

Wednesday, October 14th, 9-11 a.m.

Buffalo Hill Terrace, 40 Claremont Street, Kalispell

Call 758-5730 to RSVP

Sponsored by:

Buffalo Hill
— TERRACE —
A Ministry of Immanuel Lutheran Community

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Edward Jones
MAKING SENSE OF INVESTING

Andy Kirk, AAMS, Financial Advisor
1874 Hwy 93 N, Kalispell 406-257-5853

Discover what's new at the Bigfork Community Center **OPEN HOUSE!**



Thursday, October 22, 4-7 p.m.

Delicious food, beverages, pumpkin decorating, info booths, blood pressure checks—FREE to the public!

160 Kelly Road Kalispell, Montana 59901

Tel. 406-758-5730

Website: www.flathead.mt.gov/aging

Nutrition Menu is now on our website!

